



جامعة الإمام عبد الرحمن بن فيصل
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Stages of Labor



What should I be aware of upon entering the ninth month?

- A weekly visit to your Obgyn doctor to make sure that your baby is in good health.



- Staying active (E.g., walk or do your daily activities) to facilitate your labor.



- Eating healthy food.



- Keeping a daily record of your baby's movements.



What should I be aware of upon entering the ninth month?

- Ability to know signs of labor and how to deal with them.



- Ability to know symptoms which need an urgent care or a visit to the emergency department.



- Ability to know which anesthesia options are available in the hospital



- Pack your bag for labour and birth



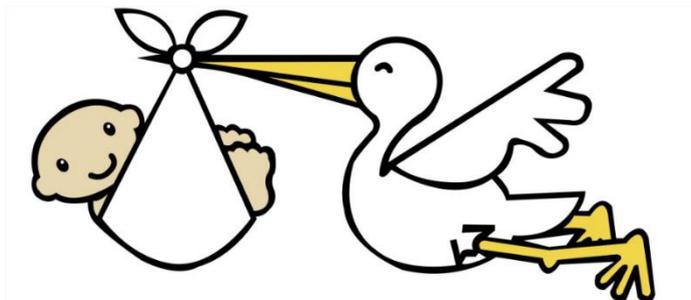
- Prepare some of your relatives' contacts numbers for any emergency.



What are the signs of labor?

Three signs of labor that indicates that your baby is on the way:

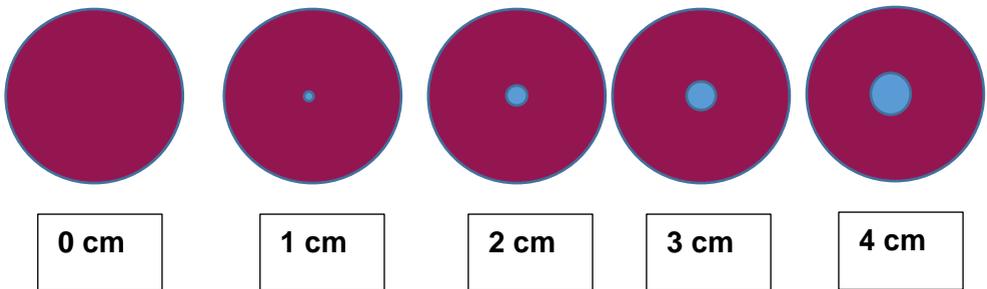
- Irregular and frequent uterine contractions
- Your water breaks (amniotic sac) and amniotic fluid leak from your vagina
- Bloody show. Mucus from your cervix mixed in with some blood, happens as your cervix dilates to prepare for birth.



What are the stages of labor?

First stage

This stage is the longest stage in a vaginal birth. It takes 12 - 16 hours in the first birth, and 6 - 8 hours in the following births (this period may be longer or shorter from one woman to another), as the cervix begins to dilates from 0 cm (closed) until it reaches 3 or 4 cm .



What should I do at the first stage?

1. Take a deep breath



2. Take a warm shower



3. walk



4. Drink water and fluids as much as you can.



5. Keep calm and relax between contractions.

6. Go to the hospital.



What are the stages of labor?

Second stage

This stage lasts from 45 minutes to 2 hours in the first birth and 20 to 45 minutes in the following births.

Uterine contractions last 45 to 90 seconds and a rest between 3-5 minutes. You feel strong pressure in the rectal area. And you may feel a strong urge to push.

What advices should the pregnant consider during the second stage?

1. Rest between contraction to reserve your energy.
2. Relax the muscles of the pelvis and anal area.
3. Put all your strength while pushing.
4. Focus on pushing down hard.



What are the stages of labor?

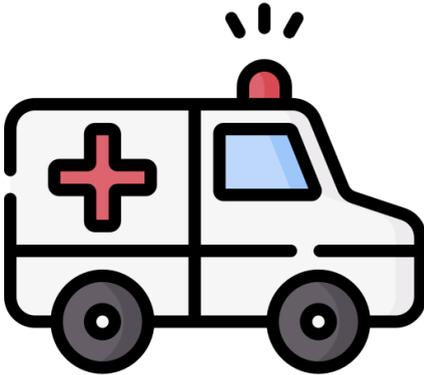
Third stage

It starts after the baby is born until placenta, the membrane surrounding it and the umbilical cord are pushed or discharged. It is also called the postpartum stage. It is the shortest stage, as it takes 5-30 minutes. You will feel some contractions, followed by the exit of the placenta, and the doctor will massage the abdomen (Uterus) to facilitate placenta to be expelled.



When do I need to go to the emergency room?

- When you feel the signs of labor.
- Sudden bleeding.
- Getting clear water that wets your clothes without blood.
- Falling water mixed with green.
- Fetal movement stopped or reduced.



What should I pack in the hospital bag?

Mother's needs

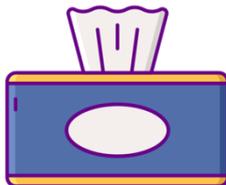
- Some comfortable sleeping clothes (open front to facilitate breastfeeding).
- Comfortable shoes.
- Some underwear.
- Nursing bras.
- Your personal care products: (towel, shampoo, deodorant, sanitary pads, comb and mirror, toothbrush and paste).
- A phone book for the numbers of your close contacts.



What should I pack in the hospital bag?

Baby's needs

- A blanket for the baby to use at the time of discharge from the hospital.
- Baby bag (clothes, diapers, shampoo, cleaning wipes, baby towel).
- When preparing the baby bag, inform one of your family members of its location in advance of your due date.



Sources and References:

All pictures used from Flaticon.com & Freepik.com

Review and audit:

The content of this booklet has been reviewed by consultants of the Obstetrics and Gynecology Department at King Fahd University Hospital.

Health Awareness Unit

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